

## NW Zone SCM Records -- as of 5/30/2023

MEN 18-24					WOMEN 18-24				
0:24.31	01/25/15	PSM	Jordan Reid	50	M. Free	Katie Kaestner	PSM	11/18/17	0:26.85
0:54.98	10/19/85	PNA	Steve Schmidt	100	M. Free	Katie Kaestner	PSM	02/04/18	1:01.76
2:02.93	12/14/02	AK	Pieter Dehart	200	M. Free	Amanda Clark	PSM	11/20/16	2:11.73
4:22.25	10/20/12	PNA	Bruce Deakyne	400	M. Free	Karissa DeRousseau	OREG	04/15/12	4:51.51
9:02.89	10/20/12	PNA	Bruce Deakyne	800	M. Free	Amanda Clark	PSM	11/20/16	9:28.88
17:14.21	10/20/12	PNA	Bruce Deakyne	1500	M. Free	Teri Campbell	IEM	02/08/98	19:23.66
0:27.71	12/11/21	OREG	Matthew McComish	50	M. Back	Reva Zacharias	PSM	11/24/19	0:32.60
1:00.96	12/07/13	OREG	Connor Brenda	100	M. Back	Katie Kaestner	PSM	02/04/18	1:11.70
2:22.51	12/15/96	OREG	Matt Boles	200	M. Back	Lana Lawrence	HMS	03/03/12	2:33.89
0:30.90	09/24/06	PNA	Kyle Ciminski	50	M. Breast	Jesse Kaba	OREG	11/18/17	0:34.01
1:09.08	02/19/06	PNA	Kyle Ciminski	100	M. Breast	Jesse Kaba	OREG	11/18/17	1:13.97
2:37.37	11/19/06	PNA	Kyle Ciminski	200	M. Breast	Katie Kaestner	PSM	11/18/17	2:44.57
0:26.20	11/19/06	PNA	Kyle Ciminski	50	M. Fly	Langford / Kaestner	AK-PSM	11/18/17	0:29.98
0:58.97	02/19/06	PNA	Kyle Ciminski	100	M. Fly	Natascha Mangan	OREG	10/21/12	1:06.16
2:30.82	02/04/18	PSM	Nicholas Pederson	200	M. Fly	Natascha Mangan	OREG	10/21/12	2:25.35
1:01.27	02/19/06	PNA	Kyle Ciminski	100	M. I. M.	Caitlyn Shortt	OREG	05/18/08	1:08.29
2:19.50	12/14/02	AK	Pieter Dehart	200	M. I. M.	Natascha Mangan	OREG	10/21/12	2:32.08
5:04.23	11/19/06	PNA	Richard Jordan	400	M. I. M.	Katie Kaestner	PSM	11/18/17	5:20.10

MEN 25-29					WOMEN 25-29				
0:23.89	10/20/12	PNA	Chris Chapman	50	M. Free	Joanna Wu	BWAQ	11/24/19	0:26.88
0:52.77	02/17/08	PNA	Troy Davidson	100	M. Free	Lauren Thies	OREG	11/20/05	0:58.35
2:01.93	05/16/98	PNA	Tom O'Brien	200	M. Free	Courtney Monsees	KM	12/17/16	2:06.39
4:20.69	10/20/12	PNA	Cejih Yung	400	M. Free	Leissa Mills	OREG	03/04/90	4:39.24
9:13.75	11/13/16	KM	Nick Blank	800	M. Free	Ellen Ferguson	OREG	01/20/91	9:47.28
17:33.98	02/05/23	OREG	Evan Edwards	1500	M. Free	Lisa O'Brien	PNA	05/16/88	18:47.44
0:27.44	12/10/11	OREG	Logan Madson	50	M. Back	Diana MacManus	HMS	03/03/12	0:28.92
0:59.97	11/13/16	KM	Nick Blank	100	M. Back	Diana MacManus	HMS	03/03/12	1:03.70
2:11.24	11/13/16	KM	Nick Blank	200	M. Back	Jacquelyn Foley	PNA	02/17/08	2:32.34
0:29.00	11/18/17	PSM	Jakub Kotynia	50	M. Breast	Megan Jendrick	PNA	11/21/10	0:31.87
1:04.20	11/18/17	PSM	Jakub Kotynia	100	M. Breast	Megan Jendrick	PNA	04/15/12	1:10.04
2:20.81	11/22/15	PSM	Jakub Kotynia	200	M. Breast	Megan Jendrick	PNA	04/15/12	2:29.80
0:25.25	10/21/12	PNA	Chris Chapman	50	M. Fly	Diana MacManus	HMS	03/03/12	0:28.38
0:56.68	10/21/12	PNA	Chris Chapman	100	M. Fly	Jessica Stacy	OREG	12/02/18	1:04.64
2:10.91	05/16/98	PNA	Tom O'Brien	200	M. Fly	Lisa O'Brien	PNA	05/16/88	2:37.48
0:59.79	12/10/11	OREG	Logan Madson	100	M. I. M.	Megan Jendrick	PNA	01/23/11	1:03.41
2:14.35	11/13/16	KM	Nick Blank	200	M. I. M.	Courtney Monsees	KM	11/13/16	2:27.77
4:51.27	11/15/98	OREG	Bill Zolna	400	M. I. M.	Melissa Chamberlin	PNA	11/22/09	5:21.25

MEN 30-34					WOMEN 30-34				
0:24.14	04/15/12	OREG	Benjamin Weston	50	M. Free	Lauren Thies	OREG	10/16/11	0:27.42
0:52.90	04/15/12	OREG	Benjamin Weston	100	M. Free	Lauren Thies	OREG	12/05/10	0:58.55
2:02.90	06/24/94	PNA	Craig Mallery	200	M. Free	Lauren Thies	OREG	12/05/10	2:06.39
4:20.34	10/13/96	UTAH	Dennis Tesch	400	M. Free	Lauren Thies	OREG	12/05/10	4:31.63
8:55.82	10/13/96	UTAH	Dennis Tesch	800	M. Free	Sara Quan Nelson	OREG	12/14/02	9:45.42
16:51.79	10/13/96	UTAH	Dennis Tesch	1500	M. Free	Allison Cox	PSM	11/20/16	18:53.81
0:27.55	11/12/22	OREG	Nicolas Morrell	50	M. Back	Katie Paglini	AK	12/14/13	0:31.70
1:00.35	11/12/22	OREG	Nicolas Morrell	100	M. Back	Svetlana Karpeeva	PSM	11/18/17	1:06.78
2:16.92	03/12/23	OREG	Nicolas Morrell	200	M. Back	Ilsa Feierabend	OREG	11/12/22	2:29.14
0:29.28	11/18/18	PSM	Jakub Kotynia	50	M. Breast	Leslie McCullough	PNA	09/16/00	0:34.13
1:04.88	11/18/18	PSM	Jakub Kotynia	100	M. Breast	Svetlana Karpeeva	PSM	11/18/17	1:14.72
2:30.75	12/08/19	PSM	Cejih Yung	200	M. Breast	Linda Hegeberg	PNA	10/08/00	2:50.59
0:25.99	12/01/99	AK	Michael Sorenson	50	M. Fly	Lauren Thies	OREG	12/05/10	0:29.23
0:56.55	12/01/99	AK	Michael Sorenson	100	M. Fly	Lauren Thies	OREG	12/05/10	1:04.31
2:16.84	12/09/00	OREG	Bill Zolna	200	M. Fly	Tammy Bennett	HSKY	05/16/88	2:31.16
1:00.91	04/15/12	OREG	Benjamin Weston	100	M. I. M.	Svetlana Karpeeva	PSM	11/18/17	1:06.88
2:16.18	04/15/12	OREG	Benjamin Weston	200	M. I. M.	Lauren Thies	OREG	12/05/10	2:22.68
4:59.60	12/05/98	OREG	Doug Stewart	400	M. I. M.	Linda Hegeberg	PNA	10/08/00	5:33.54

MEN 35-39					WOMEN 35-39				
0:24.87	12/02/04	PNA	Amon Emeka	50	M. Free	Amy Ward	OREG	09/04/11	0:27.50
0:53.62	12/07/03	OREG	John Keppeler	100	M. Free	Amy Ward	OREG	09/04/11	1:00.69
1:58.99	12/07/03	OREG	John Keppeler	200	M. Free	Amy Ward	OREG	09/04/11	2:12.79
4:16.69	12/09/00	OREG	Dennis Baker	400	M. Free	Allison Cox	PSM	11/24/19	4:43.76
9:03.99	12/05/99	OREG	Doug Stewart	800	M. Free	Alexis Higlett	OREG	12/08/19	9:49.21
17:28.69	02/05/23	PSM	Eddie Switaj	1500	M. Free	Alexis Higlett	OREG	12/08/19	18:40.02
0:27.92	12/07/03	OREG	John Keppeler	50	M. Back	Susan Wetstone	PSM	12/02/12	0:31.76
0:58.01	11/22/15	PSM	Trever Gray	100	M. Back	Sara Shepherd	OREG	11/10/18	1:08.48
2:08.57	12/07/03	OREG	John Keppeler	200	M. Back	Susan Wetstone	PSM	11/30/12	2:31.10
0:31.60	02/22/20	STRG	Peter Marchesini	50	M. Breast	Jayna Tomac	OREG	12/09/07	0:36.50
1:09.30	12/14/02	OREG	John Hudson	100	M. Breast	Jayna Tomac	OREG	12/09/07	1:20.39
2:28.35	10/15/89	PNA	Greg Harrison	200	M. Breast	Linda Hegeberg	PNA	11/19/06	2:53.71
0:26.22	12/02/04	PNA	Amon Emeka	50	M. Fly	Amy Ward	OREG	09/04/11	0:30.98
0:58.47	12/02/04	PNA	Amon Emeka	100	M. Fly	Sonja Skinner	OREG	03/08/15	1:09.56
2:08.86	12/09/00	OREG	Dennis Baker	200	M. Fly	Shauna Simpson	OREG	02/19/06	2:37.72
0:59.21	11/22/15	PSM	Trever Gray	100	M. I. M.	Susan Wetstone	PSM	12/02/12	1:10.09
2:16.41	01/01/94	PNA	David Santos	200	M. I. M.	Susan Wetstone	PSM	11/30/12	2:31.46
4:57.03	01/01/94	PNA	David Santos	400	M. I. M.	RondaMarie Smith	PNA	11/19/06	5:33.13

## NW Zone SCM Records -- as of 5/30/2023

MEN 40-44					WOMEN 40-44				
0:24.45	12/09/95	AK	Rick Abbott	50	M. Free	Amy Moorhead	PSM	11/22/15	0:27.17
0:53.25	12/09/95	AK	Rick Abbott	100	M. Free	Amy Moorhead	PSM	11/22/15	1:01.51
2:01.62	02/17/08	PNA	David Kays	200	M. Free	Mimi Cook	AK	12/10/05	2:19.80
4:20.27	02/17/08	PNA	David Kays	400	M. Free	Haleigh Werner	PNA	10/20/12	4:49.06
8:46.71	11/13/04	OREG	Dennis Baker	800	M. Free	Susanne Simpson	IEM	11/24/01	9:56.22
17:24.23	12/04/11	PNA	David Kays	1500	M. Free	Sara Nelson	OREG	12/10/16	19:02.10
0:28.51	04/15/12	OREG	Mike Self	50	M. Back	Sheri Hart	PNA	01/23/11	0:30.60
1:02.23	04/15/12	OREG	Mike Self	100	M. Back	Sheri Hart	PNA	01/23/11	1:05.81
2:16.51	04/15/12	OREG	Mike Self	200	M. Back	Sara Shepherd	OREG	03/12/23	2:25.04
0:30.37	04/15/12	OREG	Brad Bachulis	50	M. Breast	Leslie Kragt	OREG	03/12/23	0:37.07
1:06.09	11/11/17	OREG	Kurt Grote	100	M. Breast	Leslie Kragt	OREG	03/12/23	1:20.48
2:23.61	11/11/17	OREG	Kurt Grote	200	M. Breast	Haleigh Werner	PNA	10/20/12	2:55.59
0:26.35	12/09/95	AK	Rick Abbott	50	M. Fly	Lisa Dahl	PNA	12/04/05	0:30.27
1:01.19	04/28/13	OREG	Can Ergenekan	100	M. Fly	Sonja Skinner	OREG	11/24/19	1:09.27
2:06.48	11/20/05	OREG	Dennis Baker	200	M. Fly	Lianna Badran	PSM	11/20/16	2:37.55
1:00.16	02/17/08	HMS	Roy Berg	100	M. I. M.	Lisa Dahl	PNA	12/04/05	1:11.23
2:12.16	02/17/08	HMS	Roy Berg	200	M. I. M.	Sara Shepherd	OREG	03/12/23	2:30.35
4:44.38	11/20/05	OREG	Dennis Baker	400	M. I. M.	Lianna Badran	PSM	11/20/16	5:34.08

MEN 45-49					WOMEN 45-49				
0:25.04	12/08/19	OREG	Kurt Grote	50	M. Free	Amy Moorhead	PSM	11/20/16	0:27.16
0:54.45	04/15/12	OREG	Michael Baele	100	M. Free	Amy Moorhead	PSM	11/20/16	1:01.74
2:01.87	11/18/18	OREG	Kurt Grote	200	M. Free	Arlene Delmage	OREG	12/05/10	2:19.30
4:19.71	11/18/18	OREG	Kurt Grote	400	M. Free	Sara Nelson	OREG	07/07/17	4:57.06
9:07.63	10/08/00	PNA	Steve Sussex	800	M. Free	Susanne Simpson	IWM	02/20/05	9:42.24
17:41.22	12/05/15	UC36	David Kays	1500	M. Free	Christine McClafferty	OREG	11/06/22	19:45.02
0:28.47	03/10/19	OREG	Mike Self	50	M. Back	Ellen Reynolds	SRM	11/13/10	0:31.66
1:01.70	11/19/16	OREG	Mike Self	100	M. Back	Ellen Reynolds	SRM	11/01/09	1:07.21
2:15.91	12/08/19	OREG	Kurt Grote	200	M. Back	Ellen Reynolds	SRM	11/01/09	2:27.50
0:30.65	11/10/18	OREG	Kurt Grote	50	M. Breast	Lisa Dahl	PNA	12/05/08	0:37.14
1:05.93	11/10/18	OREG	Kurt Grote	100	M. Breast	Colette Crabbe	OREG	11/20/05	1:20.84
2:21.39	12/08/19	OREG	Kurt Grote	200	M. Breast	Colette Crabbe	OREG	12/14/02	2:54.05
0:26.72	04/15/12	OREG	Michael Baele	50	M. Fly	Lisa Dahl	PNA	11/19/06	0:30.18
0:58.35	11/18/06	OREG	Dennis Baker	100	M. Fly	Susanne Simpson	IWM	02/20/05	1:07.99
2:06.40	11/18/06	OREG	Dennis Baker	200	M. Fly	Susanne Simpson	IWM	02/20/05	2:29.32
1:01.34	11/10/18	OREG	Kurt Grote	100	M. I. M.	Amy Moorhead	PSM	11/20/16	1:11.96
2:10.47	12/08/19	OREG	Kurt Grote	200	M. I. M.	Ellen Reynolds	SRM	11/01/09	2:31.57
4:49.84	11/18/18	OREG	Kurt Grote	400	M. I. M.	Ellen Reynolds	SRM	11/13/10	5:24.44

MEN 50-54					WOMEN 50-54				
0:24.93	10/20/12	PNA	Ned Stack	50	M. Free	Jill Marie Asch	OREG	04/22/16	0:28.51
0:55.10	05/19/03	IWM	Larry Krauser	100	M. Free	Ellen Reynolds	SAWS	09/28/14	1:01.41
2:02.39	11/18/17	PSM	Mats Nygren	200	M. Free	Ellen Reynolds	SAWS	12/04/16	2:11.63
4:24.23	11/18/17	PSM	Mats Nygren	400	M. Free	Ellen Reynolds	SAWS	12/04/16	4:40.46
9:15.06	11/20/16	PSM	Mats Nygren	800	M. Free	Ellen Reynolds	SAWS	12/12/14	9:35.39
16:53.04	12/04/16	SAWS	Jeff Erwin	1500	M. Free	Mary Sweat	OREG	12/10/11	19:37.45
0:29.04	12/07/08	OREG	Phillip Djang	50	M. Back	Karen Andrus-Hughes	OREG	12/07/08	0:32.13
1:03.43	12/07/08	OREG	Phillip Djang	100	M. Back	Ellen Reynolds	SAWS	03/08/14	1:05.89
2:20.25	12/07/08	OREG	Phillip Djang	200	M. Back	Ellen Reynolds	SAWS	03/08/14	2:22.37
0:31.71	11/22/15	PSM	Daniel Phillips	50	M. Breast	Mary Armstrong	PSM	11/24/19	0:36.31
1:09.66	12/05/15	PSM	Daniel Phillips	100	M. Breast	Kim Crouch	PSM	12/05/15	1:22.33
2:33.97	12/07/14	PSM	Daniel Phillips	200	M. Breast	Ellen Reynolds	SAWS	12/04/16	2:50.36
0:27.04	12/10/06	PNA	Donald Graham	50	M. Fly	Christine McClafferty	OREG	03/12/23	0:30.84
1:01.03	04/15/12	OREG	Dennis Baker	100	M. Fly	Christine McClafferty	OREG	03/12/23	1:08.15
2:12.41	11/06/11	OREG	Dennis Baker	200	M. Fly	Christine McClafferty	OREG	03/12/23	2:36.89
1:04.83	12/07/14	PSM	Daniel Phillips	100	M. I. M.	Ellen Reynolds	SAWS	11/18/18	1:08.79
2:20.84	12/07/14	PSM	Daniel Phillips	200	M. I. M.	Ellen Reynolds	SAWS	11/18/18	2:27.39
4:55.39	04/15/12	OREG	Dennis Baker	400	M. I. M.	Ellen Reynolds	SAWS	09/28/14	5:10.96

MEN 55-59					WOMEN 55-59				
0:25.38	12/13/09	OREG	Mike Tennant	50	M. Free	Karen Andrus-Hughes	OREG	04/15/12	0:29.32
0:57.19	12/12/10	AK	Rick Abbott	100	M. Free	Karen Andrus-Hughes	OREG	04/15/12	1:05.09
2:07.92	03/12/23	OREG	Daniel Jorgensen	200	M. Free	Ellen Reynolds	SAWS	12/08/19	2:12.03
4:33.64	03/12/23	OREG	Daniel Jorgensen	400	M. Free	Holly Vaughn-Edmonds	OREG	03/10/19	5:01.21
9:26.32	02/05/23	OREG	Daniel Jorgensen	800	M. Free	Mary Sweat	OREG	04/15/12	10:36.34
18:14.38	12/04/09	PNA	William Penn	1500	M. Free	Mary Sweat	OREG	04/28/13	20:06.45
0:30.35	12/05/99	OREG	Robert Smith	50	M. Back	Karen Andrus-Hughes	OREG	04/15/12	0:33.56
1:06.05	02/17/08	OREG	Wes Edwards	100	M. Back	Ellen Reynolds	SAWS	12/08/19	1:07.17
2:26.54	11/20/16	PSM	Carl Haynie	200	M. Back	Ellen Reynolds	SAWS	12/08/19	2:25.27
0:32.83	02/04/18	PSM	Daniel Phillips	50	M. Breast	Kim Crouch	PSM	11/19/16	0:37.54
1:12.89	04/29/12	HMS	Michael Hamm	100	M. Breast	Kim Crouch	PSM	11/19/16	1:23.25
2:40.84	04/29/12	HMS	Michael Hamm	200	M. Breast	Kim Crouch	PSM	11/19/16	3:01.40
0:27.76	12/13/09	PNA	Donald Graham	50	M. Fly	Arlene Delmage	OREG	03/05/17	0:32.78
1:04.43	12/02/12	PSM	Donald Graham	100	M. Fly	Arlene Delmage	OREG	11/18/17	1:12.97
2:25.95	02/17/08	PNA	Scott Lautman	200	M. Fly	Arlene Delmage	OREG	11/18/17	2:42.59
1:06.59	03/05/11	HMS	David Barnes	100	M. I. M.	Ellen Reynolds	SAWS	11/24/19	1:10.05
2:27.34	04/28/13	OREG	Patrick Allender	200	M. I. M.	Ellen Reynolds	SAWS	11/24/19	2:27.78
5:20.13	11/24/19	PSM	Daniel Phillips	400	M. I. M.	Ellen Reynolds	SAWS	11/24/19	5:15.72

## NW Zone SCM Records -- as of 5/30/2023

MEN 60-64					WOMEN 60-64				
0:26.20	12/07/03	OREG	Robert Smith	50	M. Free	Karen Andrus-Hughes	OREG	11/18/17	0:29.88
0:58.97	03/09/13	HMS	Larry Krauser	100	M. Free	Karen Andrus-Hughes	OREG	11/18/17	1:06.16
2:01.65	11/22/15	PSM	Rick Colella	200	M. Free	Valerie Jenkins	OREG	05/28/23	2:26.96
4:44.55	02/22/20	FLOW	Mark Johnston	400	M. Free	Holly Vaughn-Edmonds	OREG	11/12/22	5:07.33
9:49.73	08/16/13	HMS	Larry Krauser	800	M. Free	Colette Crabbe	OREG	11/19/16	10:56.23
18:50.59	02/18/07	PNA	James McCleery	1500	M. Free	Colette Crabbe	OREG	12/04/16	20:39.25
0:31.04	12/05/15	PSM	Donald Graham	50	M. Back	Karen Andrus-Hughes	OREG	11/18/17	0:33.75
1:06.99	04/28/13	OREG	Wes Edwards	100	M. Back	Karen Andrus-Hughes	OREG	11/10/18	1:13.53
2:28.90	03/10/13	OREG	Wes Edwards	200	M. Back	Karen Andrus-Hughes	OREG	11/11/17	2:46.26
0:31.51	11/22/15	PSM	Rick Colella	50	M. Breast	Colette Crabbe	OREG	12/04/16	0:38.87
1:09.92	11/22/15	PSM	Rick Colella	100	M. Breast	Colette Crabbe	OREG	12/04/16	1:24.39
2:37.61	11/13/11	PNA	Rick Colella	200	M. Breast	Lo Knapp	UTAH	12/04/16	3:04.70
0:27.53	10/25/14	PSM	Donald Graham	50	M. Fly	Charlotte Davis	PNA	12/04/11	0:32.93
1:04.27	11/22/15	PSM	Donald Graham	100	M. Fly	Colette Crabbe	OREG	12/01/17	1:14.21
2:23.29	11/22/15	PSM	Rick Colella	200	M. Fly	Arlene Delmage	OREG	03/13/22	2:52.60
1:04.23	03/21/15	PSM	Rick Colella	100	M. I. M.	Colette Crabbe	OREG	12/01/17	1:16.22
2:19.96	03/21/15	PSM	Rick Colella	200	M. I. M.	Colette Crabbe	OREG	12/01/17	2:43.04
5:04.54	11/13/11	PNA	Rick Colella	400	M. I. M.	Colette Crabbe	OREG	12/01/17	5:50.34

MEN 65-69					WOMEN 65-69				
0:27.37	11/18/17	PSM	Rick Colella	50	M. Free	Charlotte Davis	PSM	11/22/15	0:30.79
0:58.19	11/20/16	PSM	Rick Colella	100	M. Free	Charlotte Davis	PSM	11/22/15	1:06.90
2:07.56	11/20/16	PSM	Rick Colella	200	M. Free	Charlotte Davis	PSM	02/15/15	2:29.35
4:27.91	11/18/17	PSM	Rick Colella	400	M. Free	Charlotte Davis	PSM	10/09/15	5:23.19
9:26.94	11/24/19	PSM	Rick Colella	800	M. Free	Charlotte Davis	PSM	10/09/15	11:09.87
19:19.65	01/21/18	SCM	Larry Krauser	1500	M. Free	Colette Crabbe	OREG	02/05/23	21:24.47
0:32.76	11/02/08	OREG	Robert Smith	50	M. Back	Karen Andrus-Hughes	OREG	03/12/23	0:37.06
1:13.11	12/07/08	OREG	Robert Smith	100	M. Back	Karen Andrus-Hughes	OREG	03/12/23	1:19.11
2:39.00	03/07/15	UC36	Dan Kirkland	200	M. Back	Karen Andrus-Hughes	OREG	03/12/23	2:55.98
0:32.50	11/20/16	PSM	Rick Colella	50	M. Breast	Colette Crabbe	OREG	11/12/22	0:41.55
1:11.82	11/24/19	PSM	Rick Colella	100	M. Breast	Colette Crabbe	OREG	11/12/22	1:28.94
2:36.85	11/18/17	PSM	Rick Colella	200	M. Breast	Colette Crabbe	OREG	03/13/22	3:14.08
0:29.46	05/24/19	PSM	Donald Graham	50	M. Fly	Charlotte Davis	PSM	11/20/16	0:33.56
1:05.84	11/24/19	PSM	Rick Colella	100	M. Fly	Charlotte Davis	PSM	10/09/15	1:18.80
2:25.35	11/18/17	PSM	Rick Colella	200	M. Fly	Sarah Welch	PSM	08/13/13	3:34.38
1:05.43	11/20/16	PSM	Rick Colella	100	M. I. M.	Charlotte Davis	PSM	02/15/15	1:19.10
2:20.35	11/18/18	PSM	Rick Colella	200	M. I. M.	Colette Crabbe	OREG	03/13/22	2:52.76
5:03.34	11/18/17	PSM	Rick Colella	400	M. I. M.	Colette Crabbe	OREG	11/12/22	6:10.58

MEN 70-74					WOMEN 70-74				
0:29.77	11/13/04	OREG	David Radcliff	50	M. Free	Margaret Toppel	OREG	11/18/18	0:33.60
1:05.09	02/22/20	LCSC	Carl Waterer	100	M. Free	Margaret Toppel	OREG	03/10/19	1:16.81
2:10.97	12/04/21	PSM	Rick Colella	200	M. Free	Barbara Frid	OREG	04/28/13	3:03.59
4:46.78	01/30/22	PSM	Rick Colella	400	M. Free	Sue Calnek-Morris	OREG	03/08/15	6:41.55
9:36.64	01/30/22	PSM	Rick Colella	800	M. Free	Sue Calnek-Morris	OREG	04/28/13	14:07.81
18:29.71	01/30/22	PSM	Rick Colella	1500	M. Free	Sue Calnek-Morris	OREG	04/28/13	25:58.09
0:35.36	11/18/18	PSM	Dan Kirkland	50	M. Back	Margaret Toppel	OREG	03/10/19	0:39.77
1:15.34	11/18/18	PSM	Dan Kirkland	100	M. Back	Joy Ward	OREG	04/15/12	1:29.64
2:41.22	11/10/18	PSM	Dan Kirkland	200	M. Back	Joy Ward	OREG	04/01/12	3:12.67
0:33.54	12/04/21	PSM	Rick Colella	50	M. Breast	Janet Gettling	OREG	03/11/18	0:44.35
1:13.04	12/04/21	PSM	Rick Colella	100	M. Breast	Janet Gettling	OREG	02/04/18	1:40.09
2:55.87	03/06/16	SAWS	Robert Strand	200	M. Breast	Janet Gettling	OREG	02/04/18	3:43.76
0:31.55	02/17/08	OREG	Bert Petersen	50	M. Fly	Margaret Toppel	OREG	11/18/18	0:36.88
1:18.29	10/10/18	UTAH	Fred Baird	100	M. Fly	Janet Gettling	OREG	03/11/18	1:40.68
3:20.93	12/07/13	OREG	Tom Landis	200	M. Fly	Joy Ward	OREG	03/10/13	3:53.70
1:06.98	12/04/21	PSM	Rick Colella	100	M. I. M.	Margaret Toppel	OREG	11/18/18	1:25.89
2:27.07	12/04/21	PSM	Rick Colella	200	M. I. M.	Joy Ward	OREG	04/15/12	3:28.17
6:08.30	02/22/20	SAWS	Jim Clemmons	400	M. I. M.	Joy Ward	OREG	03/10/13	7:35.12

MEN 75-79					WOMEN 75-79				
0:30.15	04/18/09	OREG	David Radcliff	50	M. Free	Joy Ward	OREG	11/18/17	0:40.07
1:05.13	04/18/09	OREG	David Radcliff	100	M. Free	Gloria Waggoner	KM	04/09/22	1:31.13
2:27.53	04/18/09	OREG	David Radcliff	200	M. Free	Janet Gettling	OREG	02/05/23	3:27.32
5:09.95	03/12/23	OREG	Dan Kirkland	400	M. Free	Janet Gettling	OREG	02/05/23	7:02.15
10:40.84	02/05/23	OREG	Dan Kirkland	800	M. Free	Janet Gettling	OREG	02/05/23	14:10.72
20:18.58	02/05/23	OREG	Dan Kirkland	1500	M. Free	Janet Gettling	OREG	02/05/23	26:36.25
0:40.10	03/12/23	PSM	Stephen Fogg	50	M. Back	Joy Ward	OREG	11/18/17	0:46.50
1:19.10	03/12/23	OREG	Dan Kirkland	100	M. Back	Joy Ward	OREG	11/24/19	1:41.19
2:48.38	03/12/23	OREG	Dan Kirkland	200	M. Back	Joy Ward	OREG	11/24/19	3:37.43
0:42.37	03/12/23	PSM	Steven Peterson	50	M. Breast	Gloria Waggoner	KM	04/09/22	0:49.34
1:36.48	03/12/23	PSM	Steven Peterson	100	M. Breast	Janet Gettling	OREG	03/12/23	1:52.88
3:23.40	03/12/23	PSM	Steven Peterson	200	M. Breast	Mirjana Prather	OREG	11/24/19	4:00.91
0:38.05	11/14/09	OREG	David Radcliff	50	M. Fly	Janet Gettling	OREG	03/12/23	0:47.59
1:35.59	03/12/23	OREG	Bob Bruce	100	M. Fly	Janet Gettling	OREG	03/12/23	1:51.77
3:52.07	02/25/23	PSM	Stephen Fogg	200	M. Fly	Janet Gettling	OREG	03/12/23	4:01.71
1:24.71	12/13/09	OREG	David Radcliff	100	M. I. M.	Janet Gettling	OREG	03/12/23	1:42.25
3:17.46	03/12/23	OREG	Bob Bruce	200	M. I. M.	Joy Ward	OREG	03/11/18	3:54.63
7:42.54	02/25/23	PSM	Stephen Fogg	400	M. I. M.	Janet Gettling	OREG	03/12/23	8:03.16

**NW Zone SCM Records -- as of 5/30/2023**

<b>MEN 80-84</b>				<b>WOMEN 80-84</b>				
0:33.26	11/22/15	OREG	David Radcliff	50	M. Free	Joy Ward	OREG 03/13/22	0:42.85
1:11.26	09/28/14	OREG	David Radcliff	100	M. Free	Jane Nichols	OREG 11/12/22	1:42.11
2:38.25	09/28/14	OREG	David Radcliff	200	M. Free	Jane Nichols	OREG 03/12/23	3:54.77
5:39.27	03/09/14	OREG	David Radcliff	400	M. Free	Jane Nichols	OREG 11/12/22	8:18.65
11:35.71	11/15/14	OREG	David Radcliff	800	M. Free	Jerri Kawabata	OREG 09/28/14	18:25.50
21:59.53	09/28/14	OREG	David Radcliff	1500	M. Free	Madonna Buder	UNAT 03/05/11	37:37.84
0:48.93	12/15/02	OREG	Andrew Holden	50	M. Back	Joy Ward	OREG 12/10/22	0:48.91
1:45.40	02/04/18	PSM	Dick Peterson	100	M. Back	Joy Ward	OREG 11/12/22	1:46.73
3:47.19	11/18/17	PSM	Dick Peterson	200	M. Back	Joy Ward	OREG 03/13/22	3:44.82
0:48.30	03/10/19	OREG	Ronald Nakata	50	M. Breast	Joy Ward	OREG 12/10/22	0:59.93
1:46.01	02/19/17	PSM	Dick Peterson	100	M. Breast	Muriel Flynn	PNA 02/16/03	2:19.21
3:40.58	02/19/17	PSM	Dick Peterson	200	M. Breast	Muriel Flynn	PNA 02/16/03	5:02.96
0:41.87	12/05/99	OREG	Andrew Holden	50	M. Fly	Joy Ward	OREG 12/10/22	0:52.55
2:01.64	11/08/03	OREG	Andrew Holden	100	M. Fly	Joy Ward	OREG 03/12/23	2:14.88
4:52.32	12/09/17	OREG	Barry Fasbender	200	M. Fly	Helena Hoffman	OREG 12/15/96	8:44.16
1:35.96	03/10/19	OREG	Ronald Nakata	100	M. I. M.	Joy Ward	OREG 03/13/22	1:52.33
3:42.78	11/18/17	PSM	Dick Peterson	200	M. I. M.	Joy Ward	OREG 03/13/22	4:08.28
7:59.78	11/18/17	PSM	Dick Peterson	400	M. I. M.	Joy Ward	OREG 03/13/22	8:52.23

<b>MEN 85-89</b>				<b>WOMEN 85-89</b>				
0:36.51	12/09/07	OREG	Willard Lamb	50	M. Free	Pauline Stangel	OREG 12/15/06	1:03.75
1:23.54	03/10/19	OREG	David Radcliff	100	M. Free	Pauline Stangel	OREG 11/18/06	2:28.38
3:05.26	03/10/19	OREG	David Radcliff	200	M. Free	Pauline Stangel	OREG 11/18/06	5:26.73
6:32.33	01/13/19	OREG	David Radcliff	400	M. Free	Flora Wong	MM 10/11/13	10:32.19
13:20.46	01/13/19	OREG	David Radcliff	800	M. Free	Elfie Stevenin	OREG 12/03/06	34:37.06
25:22.07	01/13/19	OREG	David Radcliff	1500	M. Free	open		
0:48.08	05/18/08	OREG	Willard Lamb	50	M. Back	Flora Wong	MM 10/07/16	1:13.38
1:47.93	12/13/09	OREG	Willard Lamb	100	M. Back	Flora Wong	MM 10/07/16	2:48.46
3:55.12	05/18/08	OREG	Willard Lamb	200	M. Back	Flora Wong	MM 10/07/16	6:13.79
0:58.39	10/31/93	PNA	Jim Penfield	50	M. Breast	Pauline Stangel	OREG 11/18/06	1:22.35
2:17.63	03/12/23	PSM	Dick Peterson	100	M. Breast	Livia Walker	PNA 02/17/08	3:53.32
6:01.03	01/21/96	PNA	Jim Penfield	200	M. Breast	Charlotte Sanddal	MM 10/12/07	6:20.38
0:47.89	09/11/04	OREG	Andrew Holden	50	M. Fly	Charlotte Sanddal	MM 11/14/09	1:23.04
2:01.65	11/13/04	OREG	Andrew Holden	100	M. Fly	Elfie Stevenin	OREG 09/09/07	5:19.48
			open	200	M. Fly	open		
1:48.23	11/13/04	OREG	Andrew Holden	100	M. I. M.	Charlotte Sanddal	MM 03/05/11	3:21.57
4:19.20	11/13/04	OREG	Andrew Holden	200	M. I. M.	Charlotte Sanddal	MM 03/05/11	7:00.74
9:36.09	11/13/04	OREG	Andrew Holden	400	M. I. M.	Elfie Stevenin	OREG 01/13/08	23:20.13

<b>MEN 90-94</b>				<b>WOMEN 90-94</b>				
0:42.69	03/10/13	OREG	Willard Lamb	50	M. Free	Charlotte Sanddal	MM 03/06/15	1:17.30
1:39.27	03/09/14	OREG	Willard Lamb	100	M. Free	Charlotte Sanddal	MM 10/07/15	2:50.96
3:46.17	11/15/14	OREG	Willard Lamb	200	M. Free	Charlotte Sanddal	MM 10/10/12	6:08.48
7:44.83	09/28/14	OREG	Willard Lamb	400	M. Free	Charlotte Sanddal	MM 10/10/12	12:16.00
16:04.18	09/28/14	OREG	Willard Lamb	800	M. Free	Charlotte Sanddal	MM 11/13/16	33:01.00
30:41.82	09/28/14	OREG	Willard Lamb	1500	M. Free	Charlotte Sanddal	MM 03/06/15	53:29.69
0:56.39	03/10/13	OREG	Willard Lamb	50	M. Back	Charlotte Sanddal	MM 03/08/14	1:36.66
1:59.76	04/28/13	OREG	Willard Lamb	100	M. Back	Charlotte Sanddal	MM 10/10/12	3:16.92
4:17.86	03/09/14	OREG	Willard Lamb	200	M. Back	Charlotte Sanddal	MM 03/03/12	6:49.86
1:07.22	11/15/98	PNA	Jim Penfield	50	M. Breast	Charlotte Sanddal	MM 03/07/14	2:01.11
2:45.20	11/15/98	PNA	Jim Penfield	100	M. Breast	Charlotte Sanddal	MM 10/10/12	4:00.02
			open	200	M. Breast	Charlotte Sanddal	MM 10/10/12	7:56.76
1:29.42	09/26/98	PNA	Jim Penfield	50	M. Fly	Charlotte Sanddal	MM 10/10/12	1:21.95
			open	100	M. Fly	Charlotte Sanddal	MM 11/13/16	5:02.23
			open	200	M. Fly	open		
4:27.94	11/29/03	IEM	Clarence Hamilton	100	M. I. M.	Charlotte Sanddal	MM 10/10/12	3:23.98
			open	200	M. I. M.	Charlotte Sanddal	MM 03/03/12	7:16.26
			open	400	M. I. M.	open		

<b>MEN 95-99</b>				<b>WOMEN 95-99</b>				
0:45.47	11/18/17	OREG	Willard Lamb	50	M. Free	Charlotte Sanddal	BSMT 11/09/19	1:35.67
1:47.23	03/05/17	OREG	Willard Lamb	100	M. Free	Charlotte Sanddal	BSMT 10/10/18	3:28.31
3:56.49	11/18/17	OREG	Willard Lamb	200	M. Free	Charlotte Sanddal	BSMT 10/12/17	7:02.49
8:13.42	03/05/17	OREG	Willard Lamb	400	M. Free	Charlotte Sanddal	BSMT 10/12/17	14:13.97
16:56.22	11/18/17	OREG	Willard Lamb	800	M. Free	Charlotte Sanddal	BSMT 10/12/17	31:08.38
31:56.67	11/18/17	OREG	Willard Lamb	1500	M. Free	Charlotte Sanddal	BSMT 05/21/18	0:02:37
0:55.60	11/18/17	OREG	Willard Lamb	50	M. Back	Charlotte Sanddal	BSMT 10/10/18	1:46.66
2:04.72	11/11/17	OREG	Willard Lamb	100	M. Back	Charlotte Sanddal	BSMT 10/12/17	3:23.90
4:24.83	11/18/17	OREG	Willard Lamb	200	M. Back	Charlotte Sanddal	BSMT 10/12/17	7:24.95
			open	50	M. Breast	Charlotte Sanddal	BSMT 10/10/18	2:05.63
			open	100	M. Breast	Charlotte Sanddal	BSMT 10/12/17	4:19.18
			open	200	M. Breast	Charlotte Sanddal	BSMT 10/12/17	9:06.36
			open	50	M. Fly	Charlotte Sanddal	BSMT 10/10/18	2:21.86
			open	100	M. Fly			
			open	200	M. Fly			
2:39.39	12/09/17	OREG	Willard Lamb	100	M. I. M.	Charlotte Sanddal	BSMT 10/12/17	3:48.24
			open	200	M. I. M.	Charlotte Sanddal	BSMT 10/10/18	9:32.59
			open	400	M. I. M.			

**NW Zone SCM Records -- as of 5/30/2023**

**MEN 100-104**

0:57.81 03/13/22 OREG Willard Lamb  
 2:13.96 03/13/22 OREG Willard Lamb  
 4:50.84 03/13/22 OREG Willard Lamb  
 10:05.73 01/30/22 OREG Willard Lamb  
 20:23.87 01/30/22 OREG Willard Lamb  
 38:32.90 01/30/22 OREG Willard Lamb  
 1:07.11 03/13/22 OREG Willard Lamb  
 2:24.84 03/13/22 OREG Willard Lamb  
 5:09.10 03/13/22 OREG Willard Lamb  
 1:52.04 03/13/22 OREG Willard Lamb

50 M. Free  
 100 M. Free  
 200 M. Free  
 400 M. Free  
 800 M. Free  
 1500 M. Free  
 50 M. Back  
 100 M. Back  
 200 M. Back  
 50 M. Breast  
 100 M. Breast  
 200 M. Breast  
 50 M. Fly  
 100 M. Fly  
 200 M. Fly  
 100 M. I. M.  
 200 M. I. M.  
 400 M. I. M.

**WOMEN 100-104**

Charlotte Sanddal BSMT 10/05/22 4:00.48  
 Charlotte Sanddal BSMT 10/05/22 8:40.55  
 Charlotte Sanddal BSMT 10/05/22 18:09.17  
 Charlotte Sanddal BSMT 10/05/22 38:20.13  
 Charlotte Sanddal BSMT 10/05/22 3:54.19  
 Charlotte Sanddal BSMT 10/05/22 8:19.28  
 Charlotte Sanddal BSMT 10/05/22 6:02.24  
 Charlotte Sanddal BSMT 10/05/22 12:48.34  
 Charlotte Sanddal BSMT 10/05/22 5:01.09

**MEN 105-109**

no records

50 M. Free  
 100 M. Free  
 200 M. Free  
 400 M. Free  
 800 M. Free  
 1500 M. Free  
 50 M. Back  
 100 M. Back  
 200 M. Back  
 50 M. Breast  
 100 M. Breast  
 200 M. Breast  
 50 M. Fly  
 100 M. Fly  
 200 M. Fly  
 100 M. I. M.  
 200 M. I. M.  
 400 M. I. M.

**WOMEN 105-109**

no records

**MEN 110-114**

no records

50 M. Free  
 100 M. Free  
 200 M. Free  
 400 M. Free  
 800 M. Free  
 1500 M. Free  
 50 M. Back  
 100 M. Back  
 200 M. Back  
 50 M. Breast  
 100 M. Breast  
 200 M. Breast  
 50 M. Fly  
 100 M. Fly  
 200 M. Fly  
 100 M. I. M.  
 200 M. I. M.  
 400 M. I. M.

**WOMEN 110-114**

no records

**MEN 115-119**

no records

50 M. Free  
 100 M. Free  
 200 M. Free  
 400 M. Free  
 800 M. Free  
 1500 M. Free  
 50 M. Back  
 100 M. Back  
 200 M. Back  
 50 M. Breast  
 100 M. Breast  
 200 M. Breast  
 50 M. Fly  
 100 M. Fly  
 200 M. Fly  
 100 M. I. M.  
 200 M. I. M.  
 400 M. I. M.

**WOMEN 115-119**

no records